

GOALIE

HOW TO FIT HOCKEY GOALIE GEAR SAFELY AND COMFORTABLY: A GUIDE TO GETTING THE GEAR RIGHT

How to Fit Hockey Goalie Gear Safely and Comfortably: A Guide to Getting the Gear Right, created by Hockey Canada in partnership with Bauer.

If your child is new to being a hockey goalie, this guide is designed to help make your first steps simple and stress-free. Inside, you'll find parent-friendly tips for each piece of equipment, so you can feel confident that your child is comfortable, protected, and ready to enjoy their time on the ice.

We'll walk you through how gear should fit and highlight a few quick checks you can do at home or at the rink — making the fitting process easier, safer, and more enjoyable for both you and your child.

BASE LAYER

The base layer is the “first layer” your child wears under their gear.

It should be **light, breathable, and moisture-wicking** to help keep them dry and comfortable.

This is also the **minimum attire required** under Hockey Canada’s Dressing Room Policy.

If you have a base layer with a **built-in neck guard**, that’s an excellent bonus for extra protection.

For more about the Dressing Room Policy: [CLICK HERE](#).



GOALIE JOCK / JILL

There are two options: a goalie Jock, which is a protective cup, or a goalie Jill, which is a flatter pelvic protector.

The right protective gear depends on your anatomy, not your gender. Everyone needs pelvic area protection to stay safe on the ice.

Why they matter:

- They protect sensitive areas.

Tips for parents:

- Look for Adjust the straps on each side for a snug, yet comfortable fit.



KNEE GUARDS

- Protects the knees and lower thigh.
- Worn under goalie pants, sitting securely between the leg and the leg pad for added coverage.
- Designed for comfort and mobility.

Make sure that the Velcro straps are snug, but not to tight.



KNEE GUARDS

SOCKS

Depending on your child's preference, some goalies wear hockey socks, and some don't. If your child does wear hockey socks, they'll need shorts or a base layer with built-in Velcro tabs to help keep the socks securely in place.



GOALIE PANTS

- Provides protection for the hips, thighs, tailbone, and lower abdomen.
- Designed with extra padding and reinforced areas to support the unique movements of goaltenders.
- Allows for mobility and flexibility, helping goalies move comfortably in and out of the butterfly.

Depending on your child's preference, you can also add suspenders to the goalie pants. This helps keep the pants at the right height while allowing for a more comfortable, looser fit around the waist, especially for goalies that prefer tucking-in their chest protector.



GOALIE SKATES



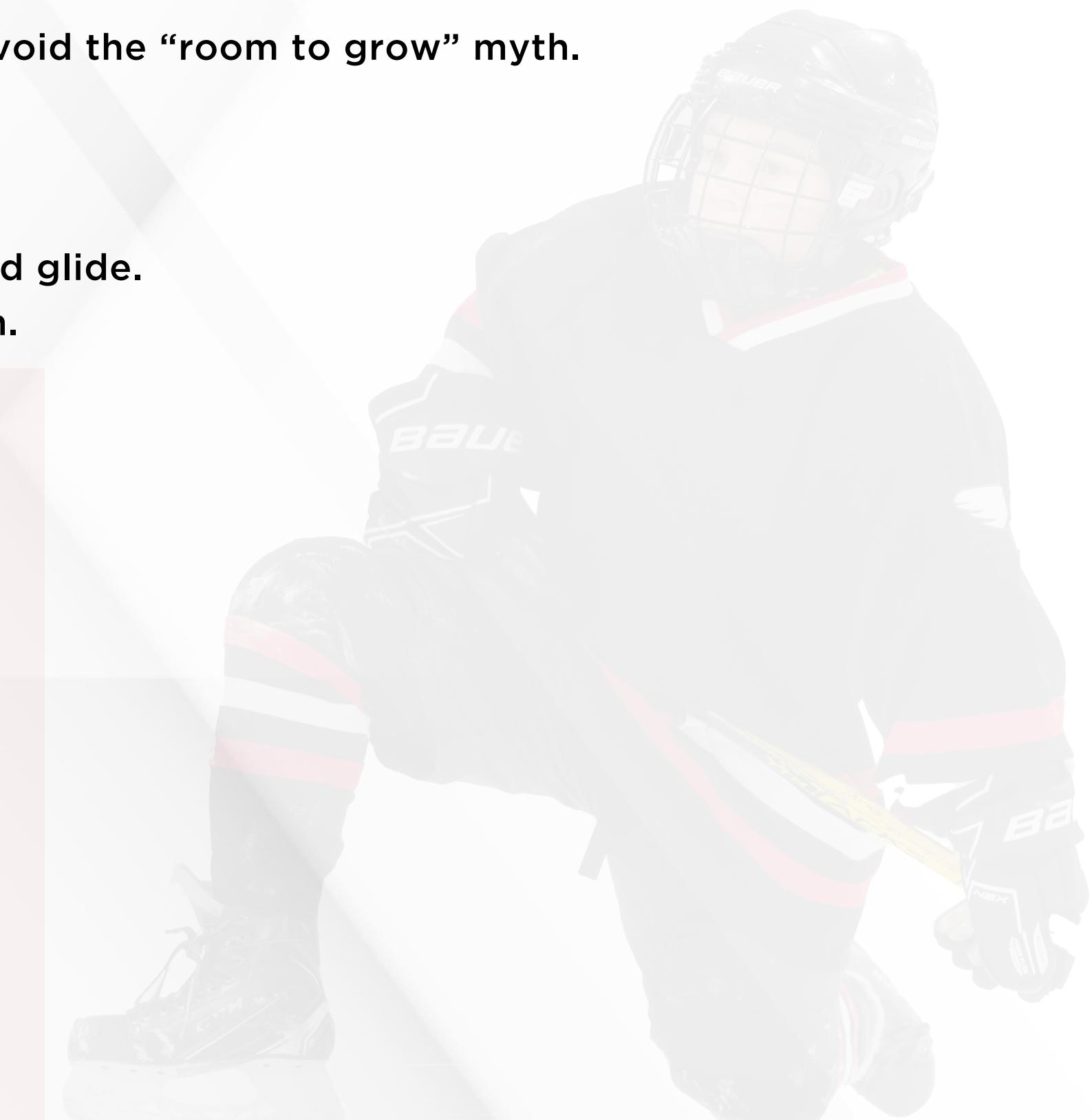
- Designed specifically for goaltenders, with a flatter, wider blade to provide stability in the crease.
- Lower profile help goalies move laterally and recover quickly.
- Reinforced boot offers added protection against puck impact while supporting the ankle.

Using Skate Fitting Tools:

- Start with a Brannock foot measurement.
- Skates are usually 1-2 sizes smaller than street shoes.

Parent tips:

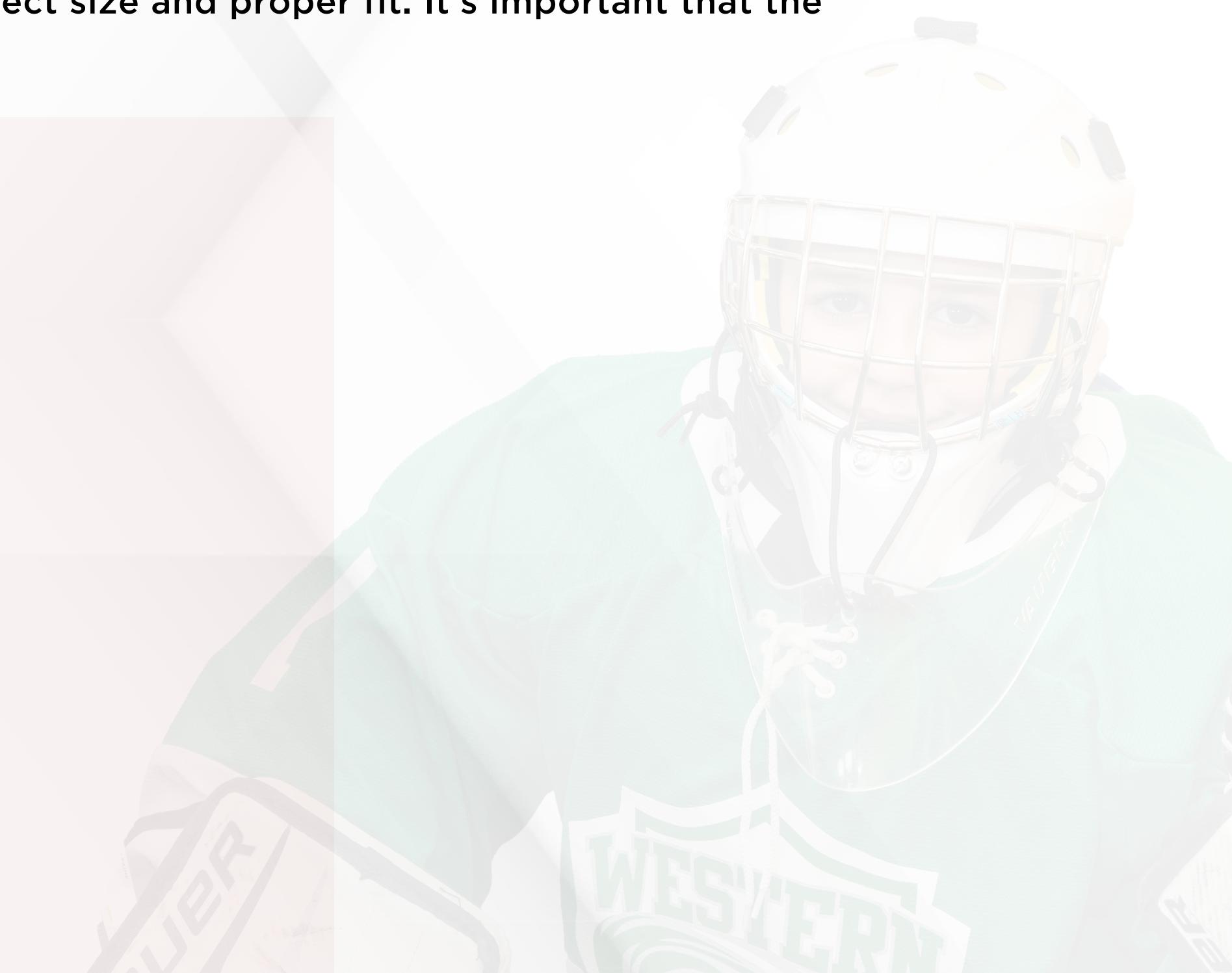
- A little growth room is okay — too big is not.
- Your child's heel should stay comfortably in place without sliding.
- When trying on skates, a snug fit provides better balance and control — so it's best to avoid the "room to grow" myth.
- When lacing skates, the heel may lift slightly as the player settles — this is normal.
- Tie skates firmly through the middle of the boot, but not painfully tight at the top.
- Make sure you do not tie skate laces around the ankles.
- Sharp skates are safe skates — regular sharpening helps your player get the best grip and glide.
- And finally, keep blades clean and dry after each ice session by wiping them with a cloth.



GOALIE PADS



- Protects the lower legs and knees while helping goalies block shots effectively.
- Designed to support butterfly movements, allowing pads to rotate and seal the ice properly.
- Strapping systems are adjustable, so goalies can customize fit and comfort.
- Built for mobility and balance, helping goalies move quickly and recover between saves.
- Toe ties allow natural movement.
 - * To attach a bungee-style toe tie, simply pass the bungee through the openings in the skate's blade holder, then secure the toe-tie over the skate using the Velcro straps. The number of openings you use may depend on the length of the bungee, the skate model or personal preference.
 - * A similar process is used with the lace-style toe ties. The number of openings you go through in the skate's blade holder may vary depending on the length of the lace or personal preference. Be sure to secure the lace properly and make sure it does not fall under the skate blade, as this could affect safety and performance.
- When purchasing goalie pads, always speak with a store expert to ensure the correct size and proper fit. It's important that the knee aligns correctly with the knee block for comfort and performance.



GOALIE NECK GUARD (BNQ-CERTIFIED)

- Should cover collarbone and front of neck.
- Should overlap slightly with chest protector.
 - * You can either wear it over your chest protector or tuck-in under



Every player must wear a BNQ-certified neck guard. Look for the BNQ logo — that's how you know it meets the standard.

For more information on BNQ certification [CLICK HERE](#).



CHEST PROTECTOR



- **Protection & Safety:** Designed to protect the chest, shoulders, arms, collarbones, and ribs from pucks and sticks while allowing goalies to move comfortably.
- **Proper Fit Matters:** A well-fitting chest protector should sit securely on the shoulders, fully cover the collarbones and upper arms, and extend to protect the belly without restricting movement.
- **Mobility & Comfort:** Modern designs balance protection with flexibility, helping goalies move, react, and reach freely in the crease.
- **Adjustability:** Most chest protectors feature adjustable straps and padding to customize the fit as a goalie grows.
- **Personal Preference:** How the chest protector is worn (tucked, untucked, or hybrid-tucked) depends on comfort, playing style, and individual preference.

When fitting a chest protector, we recommend speaking with an expert at your local sporting goods store or visiting Bauer.com for guidance. Always ensure there is proper coverage over the collarbones, wrists, and abdomen.



GOALIE JERSEY

- Should fit over all gear.
- Loose but not oversized.
- No pulling on shoulders or arms.

Hang dry after washing. Never put the jersey in the dryer!



MASK



The mask is the most important part of equipment for goalies.

Always check for the CSA certification sticker for both the mask and the cage. For more information on the guidelines, please [CLICK HERE](#).

When adjusting your child's mask, make sure it is snug enough to stay securely in place without wobbling on their head.

At Hockey Canada, the safety and well-being of all participants is our top priority. Organizations are encouraged to work collaboratively with individuals and/or their parents or guardians regarding the wearing of Dāstars, Kirpans, and other cultural or religious observances. For more information on the guidelines, please [CLICK HERE](#).

A dangler is recommended to help protect the goalie's throat—please confirm your provincial Member regulations, as it may be mandatory.

Ensure the dangler fully covers the throat when the goalie moves their head up and down, as well as side to side.



BLOCKER

- Designed to protect the goalie's hand and wrist while helping direct pucks away from the net.
- The blocker should fit comfortably on the hand without feeling too tight or too loose, allowing full control of the stick.
- Built with reinforced padding to protect the fingers, thumb, and wrist from shots and impacts.
- Features a palm and sidewall that support a strong, comfortable grip for better puck handling and stick control.



BLOCKER & GLOVE

GLOVE

- Designed to catch and control the puck while protecting the hand, fingers, and wrist from impact.
- The glove should fit comfortably—not too tight or too loose—allowing the goalie to open and close it easily.
- Goalie gloves come in different break angles, which affect how the glove closes; choosing one is based on comfort and personal preference.
- Reinforced padding helps protect the palm, thumb, and fingers while maintaining flexibility.



BLOCKER & GLOVE

GOALIE STICK

- The stick should be the correct height so the paddle sits flat on the ice in the goalie's stance, providing proper coverage along the ice.
- Goalie sticks have a wider paddle and blade to improve blocking and puck control compared to player sticks.
- Grip style and shaft shape vary by model, allowing goalies to choose what feels most comfortable in their hands.
- Please make sure to tape your hockey stick – and remember to change it every now and then.



HOCKEY BAG

A goalie hockey bag is specifically designed to be a spacious, easy-to-carry equipment bag designed to hold all your goalie's gear in one place. Built with durable materials, strong zippers, and convenient compartments, it keeps equipment organized, protected, and easy to transport to and from the rink

Durability: Look for tough materials, reinforced stitching, and strong zippers that can handle regular use.

Right Size & Storage: Choose a bag big enough for all gear, with pockets or compartments to keep items organized.

Ventilation: Mesh panels or air vents help gear dry faster and reduce odour.

Easy to Carry: Padded straps or wheels make it simpler for kids (and parents) to transport.



Every goalie is different, and there's more than one "right" way to put on equipment — focus on what feels comfortable and works best for your child.

When buying gear, don't hesitate to ask questions. Store staff are great resources, and Bauer.com offers helpful guides to support your decisions.

Safety starts with proper fit. Take a moment to make sure everything is snug, secure, and comfortable.

Before stepping on the ice, do a quick safety check — mask secure, blocker and glove adjusted, and pads fastened properly.

After each session, pack gear neatly and let it dry. This helps equipment last longer and stay fresher.

For more information on Game Change, please [CLICK HERE](#) or explore [Bauer.com](#) for full fitting guides.

RESOURCES

- **Hockey Canada** (www.hockeycanada.ca)
- **Bauer** (www.bauer.com)
- **BNQ** (<https://bnq.qc.ca/en/certification/protection-and-safety/neck-protectors-c2.html>)
- **CSA** ([CSA-Certified Hockey Helmets - CSA Group](http://CSA-Certified-Hockey-Helmets-CSA-Group))